

# Rockin" Black Eyed Peas

**Makes:** 6 Servings

## Ingredients

**10 ounces** Black Eyed Peas

**1 quart** water

## Directions

1. Bring black eyed peas to a boil - simmer for 30 minutes. Drain peas.
2. Saute onions and garlic in oil for 10 minutes on medium heat.

## Notes

Additional Tips:

This is a side dish that is packed with vitamins and minerals using Black eyed peas and kale- the superstar of vegetables. It is a play on "Beans and Greens."

Recipes for Healthy Kids Challenge

